

Cider-Braised Pork Loin/Chop 10

Number of Servings: 10 (262.37 g per serving)

Amount	Measure	Ingredient
3.00	lb	Pork, roast, center loin, lean, w/bone, rstd
2 1/2	cup	Onion, white, fresh, chpd
2 1/2	cup	Carrots, fresh, strips/slices, USDA
2 1/2	cup	Celery, fresh, diced
2 1/2	ea	Garlic, cloves, fresh
1 1/4	tsp	Herb, sage, ground
1 1/4	tsp	Herb, thyme, leaf, ground
1/8	tsp	Spice, pepper, black, ground
1 1/4	cup	Juice, apple

Nutrients per serving

Nutrition Facts

Serving Size (262g)
Servings Per Container

Amount Per Serving

Calories 310 **Calories from Fat 100**

% Daily Value*

Total Fat 11g **17%**

Saturated Fat 4g **20%**

Trans Fat 0g

Cholesterol 100mg **33%**

Sodium 160mg **7%**

Total Carbohydrate 11g **4%**

Dietary Fiber 2g **8%**

Sugars 7g

Protein 40g

Vitamin A 100% • **Vitamin C 10%**

Calcium 8% • **Iron 8%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Instructions

- This recipe can be used for pork loin roast or chops,
- Slice vegetables into inch long sticks/slices
- Pepper (optional)
- Place roast or chops directly into pan, covering with sliced vegetables and herbs, Pour apple juice or cider over top.
- Bake, covered at 325 degrees until internal temp is 165 degrees and meat is tender
- Serve 3 oz. of cooked meat and 1/2c+ vegetables per serving = 1 CS

Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.

Holding :

- Hold for hot service at an internal temperature of 135 F or higher.

Cooling :

- Cool to an internal temperature of 70 F within 2 hours and cooled to 41 F within 4-6 hours.

Storing :

- Store refrigerated left overs at an internal temperature of 32 - 36 F.

Reheating :

- Reheat to an internal temperature of 165 F for 15 seconds.